



July Church Street Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Boot Camp 5:45-6:45 AM Kevin Gymnasium	ZUMBA 8:30-9:30 AM Jing Studio A	Y-Cycle 5:45-6:30 AM Donna Auditorium	Boot Camp 5:45-6:45 AM Donna Gym/Outside	Y-Cycle 5:45-6:30 AM Beth Auditorium	Y-Cycle 8:00-8:45 PM Caroline /Shira Auditorium	Fusion Pilates 9:30-10:20 AM Olga Studio A
Yoga/Pilates 6:00-7:00 AM Katheryn H. Studio *Hybrid	Aqua Fit 8:15-9:00 AM Louise Small Pool	Yoga/Pilates 6:00-7:00 AM Katheryn H. Studio *Hybrid	*New True Strength 8:30-9:30 AM Olga Studio A	Yoga/Pilates 6:00-7:00 AM Katheryn H. Studio *Hybrid	Strength 101 8:45-9:15am Caroline /Shira Auditorium	Bolly X 10:00-10:50 AM Heather/Kim Auditorium
Balance Strength & Flexibility 7:00-8:00 AM Katheryn H. Studio *Hybrid	Y-Cycle 9:30-10:15 AM Katie Auditorium	Balance Strength & Flexibility 7:00-8:00 AM Katheryn H. Studio *Hybrid	Aqua Fit 8:15-9:00 AM Louise Small Pool	Balance Strength & Flexibility 7:00-8:00 AM Katheryn H. Studio *Hybrid	Cardio Sculpt 9:00-10:00 AM Lisa Studio A	Intervals Strength Cardio Olga 10:30-11:30 am Studio A
Aqua Fit 8:15-9:00 AM Katheryn H. Big Pool	Barre in Motion 10:00-11:00 AM Jessica Studio A *Hybrid	Aqua Fit 8:15-9:00 AM Katheryn H. Big Pool	Y-Cycle 9:30-10:15 AM Caroline W. Auditorium	Aqua Fit 8:15-9:00 AM Katheryn H. Big Pool	Zumba 9:30-10:30 AM Edith Audit. *Hybrid	Y-Cycle 11:15-12:00 PM Caroline V. Auditorium
Muscle & Stretch 9:00-10:00 AM Heidi Studio A	*NEW Strength & Balance 10:30-11:30 AM Katie Auditorium	Total Body HIIT 8:30-9:15 AM Nicole Auditorium	Yoga Strength 10:00-11:00 AM Cat Studio A	Bootcamp & Stretch 9:00-10:00 AM Heidi Studio A	Flow Yoga 10:40-11:40 A Rui Studio A	
Y-Cycle 9:30-10:15AM Caroline W. Auditorium	Flow Yoga 5:00-6:00 PM Michelle Studio A	Y-Cycle 9:30-10:15AM Katie B. Auditorium	*NEW Strength & Balance 10:30-11:30 AM Caroline W. Auditorium	Y-Cycle 9:30-10:15 AM Caroline W. Auditorium		
Keeping Fit 10-10:50AM Michelle Gym *Hybrid	Intervals Strength & Cardio 6:15-7:15 PM Heather Studio A	Keeping Fit 10-10:50AM Michelle Gym. *Hybrid	Power Flow Yoga 5:00-5:50 PM Rui Studio A	Keeping Fit 10-10:50AM Michelle Gym *Hybrid		
Pilates 11:00-12:00PM Tracy Aud. *Hybrid	Y-Cycle 6:00-6:50 PM Clarence Auditorium	True Strength 10:00-10:50 AM Jane Studio A	Zumba 6:00-7:00 PM Jon Studio A	Pilates 11:00-12:00 PM Jessica Aud. *Hybrid		
Cardio Sculpt 6:00-7:00 PM Caroline V. Auditorium	Muscle Cond 7:00-8:00 PM Rosella Auditorium	Pilates 11:00-12: PM Tracy Aud. *Hybrid	Y-Cycle 6:00-6:45 PM Katie Auditorium	ZUMBA Party! 6:00-7:00 PM Jon Auditorium		
Y-Cycle 7:15-8:00 PM Sarah Auditorium		Zumba 6:00-7:00PM Edith Aud. *Hybrid	Muscle Cond 7:00-8:00 PM Rosella Auditorium			
Zumba 7:00-8:00 PM Lin Studio A						

*Schedule is subject to change. Please check the online schedule for real-time updates and updates. Changes are in **BLUE**

